

Holbrook Council on Aging Newsletter

9 Jewel Road, Holbrook, MA 02343
781-767-4617 (voice mail 24/7)

**NOVEMBER
2024**



COA@holbrookmassachusetts.us
www.holbrookma.gov/council-aging

MESSAGE FROM OUR COA DIRECTOR



The men and women of this COA have shown tremendous resilience by keeping everything on track despite being woefully short-handed. Their dedication to supporting the older adults in our community is admirable. The staff, drivers, and volunteers have done a remarkable job keeping the COA functioning during this transition period. I commend them for maintaining van transportation to various off-site events, including medical appointments, the supermarket, the food pantry, and much more. Additionally, they were instrumental in ensuring the day-to-day activities and workshops were organized and came to fruition. I am grateful to have this dedicated and compassionate group of people as a resource.

I am new to the Town Government, and I have a lot to learn. There are, however, many skills I bring with me from my years of experience as a pediatric primary care nurse and visiting nurse. I am committed to the COA's mission of enabling older residents of Holbrook to live independently and with dignity within our community. I will work hard to create policies and programs that promote the health and happiness of our members. I will advocate for support systems and funding that enable our members to thrive in our community. I will also advance education that informs our members of matters that are important to them.

I am excited about the opportunity to introduce myself to everyone and discuss the goals and objectives for the COA together. I am eager to learn what is important to the residents, the staff, and the volunteers, as well as what has been going well and what needs immediate attention and TLC. As a team, we will determine what motivates us and how to use that motivation to achieve our goals and create a healthy, thriving, and joyful environment for our members and our work together.

Sincerely,
Holly Rose
COA Director

BOARD OF DIRECTORS

(Select Board appointments)

Holly Rose—COA Director
Margaret Feeley—Asst. Coordinator/Outreach
Sandra Lemieux & Katherine Fabian—Receptionists
Cathleen McCarthy—SHINE
Maria Malinowski—Kitchen
Elaine Hyland—Newsletter Editor (Volunteer)
Missy (Marion) Rapoza—My Senior Center (Volunteer)
Claire Crowell—Master Reiki (Volunteer)

Gary Newton
Elaine Hyland
Beatrice Taggart
Thelma (Jean) Douglas
Claudette Leahy Theriault
Kathryn Bussolari
Robert Montgomery-Thomas
Holly Rose—Director (ex-officio)

* Please consider applying
to serve on our COA Board of
Directors for a **one-year term**.
THANK YOU!

VAN DRIVERS

Tom Donovan Rick Evans
Paul Callinan

HOLBROOK COA 781-767-4617

IF YOU REQUIRE FUEL ASSISTANCE IN THE UPCOMING MONTHS, PLEASE CONTACT THE COA. THE PROGRAM RUNS FROM SEPTEMBER 2024-APRIL 2025

Fiscal Year 2025
Home Energy Assistance Program (HEAP)
Income Eligibility and Benefit Levels

Number of People in a Household	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 15,060	\$ 18,825	\$ 22,590	\$ 26,355	\$ 30,120	\$ 49,196
2	\$ 20,440	\$ 25,550	\$ 30,660	\$ 35,770	\$ 40,880	\$ 64,333
3	\$ 25,820	\$ 32,275	\$ 38,730	\$ 45,185	\$ 51,640	\$ 79,470
4	\$ 31,200	\$ 39,000	\$ 46,800	\$ 54,600	\$ 62,400	\$ 94,608
5	\$ 36,580	\$ 45,725	\$ 54,870	\$ 64,015	\$ 73,160	\$ 109,745
6	\$ 41,960	\$ 52,450	\$ 62,940	\$ 73,430	\$ 83,920	\$ 124,882
7	\$ 47,340	\$ 59,175	\$ 71,010	\$ 82,845	\$ 94,680	\$ 127,720
8	\$ 52,720	\$ 65,900	\$ 79,080	\$ 92,260	\$ 105,440	\$ 130,559
9	\$ 58,100	\$ 72,625	\$ 87,150	\$ 101,675	\$ 116,200	\$ 133,397
10	\$ 63,480	\$ 79,350	\$ 95,220	\$ 111,090	\$ 126,960	\$ 136,235
11	\$ 68,860	\$ 86,075	\$ 103,290	\$ 120,505	\$ 137,720	\$ 139,073
12	\$ 74,240	\$ 92,800	\$ 111,360	\$ 129,920	\$ 141,912	\$ 141,912
13	\$ 79,620	\$ 99,525	\$ 119,430	\$ 139,335	\$ 144,750	\$ 144,750
14	\$ 85,000	\$ 106,250	\$ 127,500	\$ 147,588	\$ 147,588	\$ 147,588
15	\$ 90,380	\$ 112,975	\$ 135,570	\$ 150,427	\$ 150,427	\$ 150,427
16	\$ 95,760	\$ 119,700	\$ 143,640	\$ 153,265	\$ 153,265	\$ 153,265
17	\$ 101,140	\$ 126,425	\$ 151,710	\$ 156,103	\$ 156,103	\$ 156,103
Homeowners and Non-Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$600	\$550	\$510	\$470	\$470	\$430
Utility and Heat-Included-in-Rent	\$500	\$460	\$425	\$390	\$390	\$355
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$420	\$385	\$355	\$325	\$325	\$300
Utility and Heat-Included-in-Rent	\$350	\$325	\$300	\$275	\$275	\$250
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
High Energy Cost Supplement (HECS) Thresholds - TBD						

Note: Contact EOHLIC to determine eligibility for a household of 18 and above.
Sources (Income Levels): "Annual Update of the HHS Poverty Guidelines, Federal Register, January 17, 2024 (89 FR 2961-2963) and "Federal Poverty Guidelines and State Median Income Estimates ... Mandatory Use in FY25 LIHEAP", USHHS, OCS, DEA, LIHEAP-1M-2024-02
The Benefit Amount awarded to eligible households is based on several household factors reflected on this chart. Those include the number of people in a household, their gross income, the energy source, and the housing situation.
The High Energy Cost Supplement is an additional benefit provided only to qualifying, eligible HEAP households whose previous year's heating source costs exceed the above listed HECS thresholds.

46th Annual Festival of Lights and Third Annual Holiday Stroll

DECEMBER 7

FOOD TRUCKS - MUSIC - VENDORS

HOLBROOK TOWN HALL
50 N FRANKLIN STREET
3PM-7PM

VENDOR SIGN UP:
[GIVEBUTTER.COM/VENDORSTROLLREGISTRATION2024](https://givebutter.com/vendorstrollregistration2024)

RAIN DATE: SUNDAY, DECEMBER 15

HOLBROOK FOOD PANTRY

St. Joseph's Church on the second Saturday of each month from 10:15-11:00am
(for those with transportation)

2nd FOOD PANTRY PROGRAM

The *New Birth Evangelical Church* and the *Brookville Bible Church* are sponsoring a Food Pantry the last Saturday of each month from 11:30am-1:00pm. Food distribution will be held at the New Birth Evangelical Church, 14 Technical Park Drive, Holbrook.

Veterans who require assistance, please contact our **VETERAN AGENT** who is available Monday thru Thursday 8:00am-4:00pm and Friday 8:00am-12:00pm. Veterans are welcome to visit or call us with any questions or concerns you may have. Stop by and meet our new Veteran Service Officer, **Tim Forti**.

The office is located at: Foster Veteran Center
30 Foster Road
Braintree, MA 02184
781-794-8217

UPCOMING **SENIORU** AND **THERAPY GARDENS** PRESENTATIONS: (November & December)

- 11/13** – **Indoor Gardening**: How to successfully grow flowers, herbs, and vegetables indoors.
- 11/21** – **Chowders, Bisques & Stews**: Learn to make a variety of homemade chilis and stews.
- 12/11** – **Trivia Fun (Famous MA Residents)**: Quiz on notable figures from Massachusetts based on quotes.
- 12/19** – **Edible Gifts**: Explore making and gifting homemade edible treats.

PLEASE NOTE:

SeniorU workshops on the 2nd Wednesday of the month offer technology assistance with your phone, laptop or Ipad prior to the featured workshop at 11:00am.

If you would like to schedule an appointment for 10:30am on the day of the workshop, please call the COA 781-767-4617

(sign up required)

AVON COA Caregiver Support Group – 2nd Wednesday of the month from 11:30am-12:30pm. For more information, please contact Louise Hardiman at 774-480-5352

This is a new Caregiver Support Program primarily for people who are caring for someone with memory loss. Caregiving is often isolating. You don't have to do it alone. The purpose of the meetings is to learn, share experiences and provide support.

AVON Memory Café – 4th Wednesday of the month from 11:30am-12:30pm. This is for individuals living with changes in their memory or thinking due to Alzheimer's or dementia. Their family members and friends are welcome. Please contact Louise Hardiman at lhaidiman@avon-ma.gov or 774-480-5352.

SENIOR HAPPENINGS! (Ages 60+)



**MOBSTERS & LOBSTERS
Senior Trip to Boston**

Sponsor: The Sean Joyce Foundation



**Therapy Gardens
"Make Your Own Pickles"
(last Thursday)**



**SeniorU Workshop
"Aging in the Kitchen"
(2nd Wednesday)**

**OUR HEARTFELT GRATITUDE FOR YOUR
GENEROSITY IN PROVIDING THE TOUR AND
LUNCHEON AT LUCKY'S 777's! THANK YOU!**



OUR "NEW" 14 PASSENGER VAN

Veterans are welcome to visit or call us with any questions or concerns you may have. Stop by and meet our new Veteran Service Officer, **Tim Forti.**

**Foster Veteran Center
30 Foster Road
Braintree, MA 02184
781-794-8217**

We provide services for Braintree, Holbrook & Avon Veterans; however, *all* Veterans are welcome and encouraged to stop by the Center for coffee, games, socialization, cards, darts, pool and ping pong.



~NOVEMBER~

- 6**—Lucky’s 777 Senior Luncheon (senior specials) – 12:30pm (sign-up)
- 11**—Veterans Day Ceremony – 11:00am at Mary Wales Park (Holbrook Center)
- 13**—SeniorU 10:30-Noon “Indoor Gardening” (sign-up)
- 13**—COA Board of Directors meeting – 3:00pm (9 Jewel Road)
- 21**—**TRIAD** 10:00-11:00 (Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications). **NOTE: Due to lack of space at the COA, these TRIAD meetings are being held at the Holbrook Public Safety building Training Room. Enter thru the rear parking lot (300 South Franklin Street).**
- 21**—**THERAPY GARDENS** 1:00-2:00pm “Chowders, Bisques & Stews” (sign-up)
- 27**—Veteran Agent 9:30-10:30am (drop in for coffee)
- 28-29**—**COA CLOSED “Happy Thanksgiving”**

THANK YOU TO THE HOLBROOK ROTARY & KNIGHTS OF COLUMBUS!

For sponsoring a Senior dinner at Holbrook Court. The Seniors had a wonderful time and greatly appreciate these events each year.

MANY THANKS!



15% Senior Discount (every day)



SARA’S PIZZA – 424 North Franklin Street, Holbrook
(next to the Highland Plaza)

Enjoy Oven Hot Pizza, Great Tasting Subs,
Fresh Salads & Delicious Dinners!
(781) 963-0351 or “Text” John **781-901-1423**
(mention the Senior discount)

SUDOKU

		2	8	6	7	3		9
9	6		4	2	1		7	
7	4	8	9	5	3	1	6	2
4				7	9	2		
8				3			1	
6	2						9	
2	8	7				9		4
	9	4	7		2			
			5		4	8	2	

TRANSPORTATION & APPOINTMENT SCHEDULE

S*H*T*N*E PROGRAM

“Serving Health Insurance Needs for Everyone”

For assistance with your Medicare Questions & Issues:

Appointments are available in person at the COA on

Mondays/Tuesdays (10:00am - 11:00am - 12:00 Noon)

Please call to schedule your appointment 781-767-4617

FUEL ASSISTANCE (September—April)

To schedule your appointment
with our Advisor
Please call the COA 781-767-4617

**SOUTH SHORE COMMUNITY
ACTION COUNCIL** provides
transportation to Boston Medical
Facilities for ongoing medical
treatments. Please contact the COA
781-767-4617 (**7 days** in advance)
to schedule appointments.

REGULARLY SCHEDULED DAILY SOCIAL ACTIVITIES:

Monday—Drop-In at the Council 9:00am-3:00pm

Tuesday—**BINGO** 12:30pm

Wednesday—Drop-In for Coffee and Conversation 12:30pm

Thursday—**SOCIAL** 12:30pm

Friday—9:00-12:00

LOCAL SHOPPING TRANSPORT

Call 781-767-4617 to reserve your SHOPPING
requests:

MONDAY—Transportation available for
Senior activities

TUESDAY—9:00am **WALMART** (Avon)

WEDNESDAY—9:00am **MARKET BASKET** (Hanover)
12:00pm **TRUCCHI'S** (Abington)

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY (**only MEDICAL**)
(between 8:00am and 11:00am)

**** VANS MUST BE BACK TO THE COA BY NOON ****

MEDICAL APPOINTMENT TRANSPORT

Medical Transport is “always” our top priority

Call 781-767-4617 to reserve your MEDICAL Requests:

Service is **ONLY** to Holbrook, Brockton, Weymouth,
Braintree, Randolph, Avon, Abington

Note: Requests for exceptions must be
approved by COA Management

PLEASE book your appointments
AT LEAST 7 DAYS in advance

Mon—Tues—Wed—Thurs for appointments from
8:00am—1:30pm

Friday for appointments—8:00am—11:00am

YMCA—Stoughton

“FREE” Wednesdays for Seniors who present
a COA Membership Card.

NOTE: This is a separate card from your
COA key ring tag.

Please sign up at the COA.

PLEASE NOTE: We are more than
happy to mail the newsletter upon
request. However, if you are able,
please consider stopping by the Senior
Center to pick up a copy in an effort to
reduce our postage costs. **THANK YOU!**

On-line Newsletter is available at
www.holbrookma.gov/council-aging

~Monthly Announcements~

The COA Board of Directors is seeking **4** more members to serve on our Board for a **one-year** term. The COA Board is comprised of 11 members who meet on the 2nd Wednesday of each month at 3:00pm at the Council on Aging building. Please submit your letter of interest along with the volunteer application form <https://www.holbrookma.gov/select-board/pages/volunteer-application-form> and forward it to the Select Board at Town Hall (50 North Franklin Street) or email it to: Town_Administrator@holbrookmassachusetts.us

We are pleased to have **Therapy Gardens** and **SeniorU** partner with us in providing workshops/presentations for our Seniors on the 2nd Wednesday of the month at 10:30 (**SeniorU**) and the last Thursday of the month at 1:00pm (**Therapy Gardens**)

We offer these presentations/workshops to our Seniors at no cost and are most grateful to have received State budget funds from Senator Keenan for programs and activities. Please join us for some fun and socialization. **Space is limited** "sign up" required 781-767-4617.

Executive Office of Elder Affairs

Through the Formula Grant, the EOEa not only funds our Newsletter, but the monies awarded to the Town of Holbrook by this program helps defray the cost of many of the day-to-day expenses for the necessities required to operate our Council on Aging.

THE COA IS REACHING OUT TO LOCAL BUSINESSES TO OFFER THE PLACEMENT OF THEIR BUSINESS CARD IN OUR MONTHLY NEWSLETTER. WE GLADLY ACCEPT A DONATION IN ANY AMOUNT TO HELP US OFFSET OUR NEWSLETTER PRINTING AND MAILING COSTS. WE DISTRIBUTE 700 ISSUES EACH MONTH AS WELL AS POSTING IT ON OUR HOLBROOK COA & TOWN WEBPAGE. PLEASE STOP BY THE COA TO DROP OFF THE BUSINESS CARD AND YOUR DONATION.

THANK YOU FOR YOUR SUPPORT!



Therapy Gardens

David Wheeler
President
Therapy Gardens, Inc.

508-944-1370 cell
info@therapygardens.com

www.therapygardens.com
@TherapyGardening on Facebook

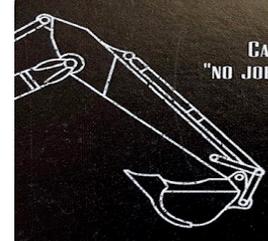
Thank You to Our Newsletter Sponsors



Shepard Long
Managing Broker

781-690-3630 (cell)
781-767-5550 (office)
shep@stikehomes.com

stikehomes.com | advocaterealtyma.com



CALLINAN ASSOCIATES
"NO JOB IS TOO SMALL FOR US"

85 Abington Ave
Holbrook, MA 02343
617-653-8188

Paul Callinan
General Manager
pmcall829@aol.com



COOKS CUSTOMS
WELDING AND METAL FABRICATION
617-981-3029
COOKSCUSTOMS94@GMAIL.COM

COMMERCIAL & RESIDENTIAL

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- MARINE FAB & REPAIRS
- ON SITE WELDING REPAIRS
- WELDING OF STEEL, STAINLESS STEEL, ALUMINUM, CAST

CERTIFIED & INSURED

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Walking Group will resume in the Spring			**NOTE: TRIAD will now be held at the Public Safety Building (300 South Franklin) (enter rear parking lot)	1 9:30 Exercise	2
3 Daylight Saving Time Ends (turn clocks back one hour)	4 9:00-3:00 Stop in for Coffee & Conversation	5 Election Day 7:00am-8:00pm 9:30 Exercise 12:30 BINGO	6 9:30 Exercise 12:30 LUCKY'S 777 Senior Specials	7 12:30 SOCIAL 1:00 REIKI (SIGN UP) (\$5 donation)	8 9:30 Exercise	9 10:15-11:00 ST. JOSEPH'S FOOD PANTRY
10	11 Veterans Day (COA CLOSED) 11:00 Veterans Day Ceremony at Mary Wales Park	12 9:30 Exercise 12:30 BINGO 10:00 & 11:15 FOOD PANTRY (those without transportation) (SIGN-UP) 7:00 COA Building Cte.	13 9:30 Exercise 3:00 COA Board Mtg. 10:30-Noon SeniorU "Indoor Gardening" (sign up)	14 12:30 SOCIAL 1:00-2:30 Blood Pressure	15 9:30 Exercise	16
17	18 9:00-3:00 Stop in for Coffee & Conversation	19 9:30 Exercise 12:30 BINGO	20 9:30 Exercise	21 ** 10:00-11:00 TRIAD (off site) 12:30 SOCIAL 1:00-2:00pm THERAPY GARDENS "Chowders, Bisques & Stews" (sign up)	22 9:30 Exercise	23
24	25 9:00-3:00 Stop in for Coffee & Conversation	26 9:30 Exercise 12:30 BINGO	27 9:30 Exercise 9:30-10:30 Veteran Agent	28 Happy Thanksgiving (CLOSED)	29 COA CLOSED	30 11:30-1:00 New Birth Evangelical Church FOOD PANTRY

**IN CONSIDERATION OF YOUR FELLOW PASSENGERS,
THE VAN TIME WILL BE LIMITED TO 5 MINUTES OF WAITING.
THANK YOU FOR YOUR COOPERATION!**